

National Junior Netball Guidelines



Made in
Netball.



In the spirit of *Reconciliation...*

Netball Australia acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of this ancient unceded land where we live, work and play netball on.

We honour the continuing cultures, languages, and heritage of Aboriginal and Torres Strait Islander peoples whose cultural, spiritual and ancestral connections to the lands, sky, and waters has endured since time immemorial.

We pay our respects to Elders past and present, and we acknowledge and value the significant and continuing contributions Aboriginal and Torres Strait Islander peoples make within our community.

Netball Australia is committed to Reconciliation. We acknowledge the need to reflect on our shared history in order to build a vision for a reconciled and prosperous future for all within our sport. One built on mutual respect, equity, authentic collaboration, and genuine truth-telling.



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Introduction

The *Netball Australia Junior Netball Guidelines* (the **Guidelines**) have been developed to provide a framework for Member Organisations, Affiliated Associations and Clubs, Schools, Community Sport Service Organisations and other groups responsible for the development, organisation and delivery of junior netball (individuals aged 5 to 18 years).

Junior sport participation has many benefits, such as:

- Increased activity levels;
- Reduced stress;
- Increased self-esteem and confidence;
- Developing life skills (for example: communication, concentration, cognitive function and commitment);
- Learning responsibility and discipline;
- Learning how to work with others in team environments;
- Developing resilience and coping skills;
- Learning to cope with success and failure;
- Developing a sense of community, loyalty and cohesion; and
- Helping pathway participants become aware that they are role models for others.

The *Guidelines* have been adopted by the Board of Netball Australia in accordance with the Netball Australia Constitution and applies to all Relevant Persons and Relevant Organisation of Netball Australia, including Member Organisations, Affiliate Associations, Clubs and Persons.

These *Guidelines* have been designed to assist netball providers to:

- Create safe and supportive environments for enjoyable participation to encourage lifelong involvement;
- Provide an environment for the development of skills, health and wellbeing;
- Foster social benefits and encourage good sporting behaviour;
- Provide equal opportunities for all players to participate in netball programs and competitions;
- Encourage and appropriately cater for young people; and
- Develop a consistent and coordinated approach to all netball programs in both the community netball and school environments.

Adopting the recommendations in the *Guidelines* will enable Member Organisations, Affiliate Associations, Clubs and Persons to develop and enrich the lives of young Australians through netball, with a focus on continuing their involvement to be a lifelong endeavour.



“Adopting the recommendations in the Guidelines will enable Member Organisations, Affiliate Associations, Clubs and Persons to develop and enrich the lives of young Australians through netball, with a focus on continuing their involvement to be a lifelong endeavour.”

Attracting people to netball and keeping them involved

Netball is actively collaborating with key community stakeholders to provide high-quality participation opportunities for all. To ensure the sport remains accessible and engaging, Netball must be tailored to meet the diverse needs of individuals, creating an experience that is safe, inclusive and positive for everyone.

To encourage ongoing participation for young people in netball, providers (Member Organisations, Associations, Clubs and Schools) need to offer activities in a varied and interesting way, while promoting and encouraging volunteer roles. Modifying netball to suit the age, maturity and development stage of the young people involved, fostering the development of skills whilst emphasising the social and fun aspects. This will help maintain interest, satisfaction and retention for developing young participants.

Motivators for participation

When engaging and delivering netball, organisations should consider the following approaches to enhance and optimize the experience for all junior participants.

Junior players, coaches, and officials may get involved in netball to:

- Keep good friends and make new ones;
- Create friendships and social inclusion;
- Experience fun, excitement and enjoyment;
- Experience challenge, achievement and personal responsibility;
- Be personally satisfied;
- Use and improve their skills; and
- Be healthy.

Netball providers are encouraged to create engaging and fit-for-purpose programs, competitions and events that showcase the best of netball to their target community. When engaging and delivering netball, organisations should consider the following approaches to enhance and optimise the experience for all participants:

- Make the netball experience for young people a safe and positive one by:
 - Providing inclusive participation;
 - Positive interaction with coaches, team managers, umpires and volunteers;
 - Being respected and respectful; and
 - Be connected and supported.
- Awareness and understanding of participants needs;
- Maintain costs to participate to an affordable level;
- Understanding of educational commitments;
- Encourage constructive feedback to improve the experience of young people involved in netball; and
- Listen and respect the views of young people.

Netball makes decisions based on principles of equity, so that individuals are not limited by personal attributes.

When engaging and delivering netball, it is integral that organisations understand that the below barriers may limit participation, and develop approaches in reducing those barriers:

- Lack of awareness and understanding of participant needs including holistic wellbeing and development;
- Cost of, or associated with participating;
- Educational commitments;
- Accessibility to transport;
- Uniform requirements;
- Communication and language barriers;
- Non-inclusive club environments, or lack of friendship groups;
- Healthy food options;
- Discrimination based on personal characteristics;
- Family behaviour;
- Lack of confidence;
- Lack of safeguarding measures;
- Physical contact;
- Lack of modified formats;
- Lack of access to facilities and internet;
- Geographical location; and
- Social isolation.



Diversity and Inclusion

Netball Australia is committed to providing a safe, fun and inclusive environment for all people, including those of diverse background.

Being an inclusive sport not only reflects our core values, but it also reflects the diversity of our local communities. We have a zero tolerance to any form of bullying, harassment or vilification towards people with diverse backgrounds. This includes forms of homophobia, biphobia, transphobia racism, sexism, ableism, ageism and others.

Netball Australia celebrates diversity of sex, gender identity, gender expression, sexual orientation, intersex status, ability, skill, cultural background, ethnicity, location, religious or political beliefs, and life stage. Inclusion is not just a reflection of our core values – it is a commitment to representing the diversity of the communities we serve and engage. There is a place in our sport for everyone.

Netball Australia believes that netball has a place for everyone and that all involved should be treated with respect and dignity, and protected from discrimination, harassment and abuse. As such, Netball Australia is committed to making the sport accessible for all and there being a place in our sport for everyone. It is encouraged to support any person to participate in netball regardless of personal characteristics.

Netball providers are encouraged to make reasonable adjustments to enable access for participants from a wide cross-section of society, which will benefit both the individual and sport. Above all, participants must be treated with respect regardless of their capabilities, experience a safe and responsible environment led by caring netball providers. Ultimately this will provide an enriching netball experience for participants resulting in continued retention of interest in netball and support talent development.

Through the National Participation Plan “The Game Plan” Netball in Australia is working on opportunities to improve access to sport for all to participate.

First Nations

Aboriginal and Torres Strait Islander peoples are the first peoples of Australia. With more than 500 different clan groups across the country, Aboriginal and Torres Strait Islander culture, languages and lore is alive and practised across Australia. As of the 2021 census, First Nations people make up 3.2 percent of Australia’s population.

Supporting and including First Nations peoples in junior sport is essential to creating respectful, culturally safe environments that honour First Nations histories, cultures and contributions.

Netball providers are encouraged to implement the following approaches to support First Nations peoples:

- Respect and celebrate the rich cultures, histories and contributions of First Nations peoples;
- Use culturally appropriate language and symbols, and where possible, involve local Elders or community leaders in sport events and programs;
- Create welcoming environments that reflect and acknowledge First Nations cultures – such as Acknowledgement of Country and inclusive signage;
- Encourage coaches, administrators and volunteers to engage in cultural awareness and inclusive communication training;
- Provide spaces and opportunities for First Nations young people into coaching, umpiring, volunteering and leadership roles;
- Engage with local First Nations people and communities to co-design and co-decide programs to support First Nations people being involved in Netball; and
- Addressing systemic or structural barriers that inhibit Aboriginal and Torres Strait Islander people being involved in Netball.

Gender and Sexual Orientation

At Netball Australia, we are proud to champion a sport where everyone, regardless of their sexuality, gender identity, or gender expression, feels welcomed, valued, and able to thrive. We know that true inclusion goes beyond participation – it's about creating an environment where all individuals can experience the joy of sport with dignity, respect, and care.

Netball supports the inclusion of both boys and girls in either single-sex or mixed-gender competitions. For players in netball programs or competitions aged 12 years and under, must be open to individuals of any *sex or gender identity*, including those who identify as LGBTQIA+. Netball providers should aim to create opportunities for boys over the age of 12 by offering mixed-gender or boys-only competitions to encourage their continued participation in the sport.

Netball Australia is committed to ensuring all young people, including those of diverse gender identity and diverse sexuality, can participate in netball competitions in a safe and supportive environment. Netball providers are encouraged to refer to ['Netball Australia's Inclusion of Transgender and Gender Diverse Athletes in Community Netball'](#) for specific guidance on fostering inclusive practices. It is also essential for providers to remain informed about any applicable state-based legislation that may influence competition rules.

Recent data from the 2024 PSI National Survey highlights the importance of this commitment:

- Alarming, participation rates among LGBTQIA+ individuals continue to decline, signalling a concerning trend.
- Of those 'out' within their sporting context, 73% reported that being open about their identity positively impacted their ability to engage with their team.
- However, 60% of those not out cited fears of being labelled, and nearly a third expressed concerns about experiencing discrimination if they came out.

For further information, resources, and expert support on LGBTQIA+ inclusion, Netball Australia proudly partners with [Pride in Sport](#) – a leading organisation driving meaningful change in LGBTQI+ inclusion across Australian sport.

Diversity and Inclusion

All Abilities

Netball Australia is committed to making the sport more accessible for people with all abilities, not only for players, but also coaches, umpires, other officials and administrators. All abilities refers to the inclusive participation and engagement across the full spectrum of physical, cognitive, emotional and developmental capabilities. This includes but is not limited to:

- Children with and without disabilities (physical, sensory, intellectual or neurological);
- Children with chronic illnesses;
- Neurodiversity (e.g. Autism, ADHD, Dyslexia)

Creating inclusive environments in junior sport ensures that children with all abilities can participate, enjoy the benefits of sport, develop their skills alongside friends and peers and develop lifelong skills.

Netball providers are encouraged to actively support children of all abilities by:

- Providing accessible facilities, adaptable rules and utilising modified equipment to support children of all abilities to be comfortable and confident in participating in the sport;
- Actively promote inclusive mindsets and practices among coaches, umpires, players and parents to create a culture of respect and support;
- Offer inclusive teams where all children including children with disabilities can participate together; and
- Support coaches, administrators and volunteers to access training and development opportunities in inclusive coaching practices.

Multicultural

Netball is a sport for all, and Netball Australia is committed to embracing multicultural inclusion in sport. Supporting multicultural inclusion in junior sport helps ensure that children from all cultural backgrounds feel welcomed, respected, and able to participate in a safe and supportive environment.

When engaging and delivering netball, providers should consider the following approaches to enhance the experience for all:

- Celebrate cultural diversity through themed events, festivals, or multilingual materials;
- Provide information in different languages to help families from non-English speaking backgrounds understand how to get involved;
- Encourage coaches, administrators and volunteers to engage in cultural awareness and inclusive communication training; and
- Support and encourage representation from culturally diverse communities in coaching, officiating, volunteering and leadership roles.

Facilitating Inclusivity in Netball

Netball providers should aim to make reasonable adjustments to enable access for participants from a wide cross-section of society, which will benefit both the individual and sport. Above all, participants must be treated with respect regardless of their capabilities, experience a safe and responsible environment led by caring netball providers. Ultimately this will provide an enriching netball experience for participants resulting in continued retention of interest in netball and support talent development. Netball providers are encouraged to consider the following actions for implementation to support a more diverse and inclusive environment for all people to be involved in the sport:

Access

- Consider alternate ways to promote access to the Association or Club including public transport options or alternative venues, including schools, that may be more accessible for some participants;
- Facilitate introductory clinics for new participants and families;
- Consider how people with disability or gender diverse people may be able to access the facility including parking, social areas and amenities and how can the organisation adapt them if needed;
- Consider the timing of netball delivery and how that might impact participation;
- Accessible and diverse content is utilised to reflect language, imagery and information to be more inclusive.

Attitude

- Promote messages that your netball organisation is fun, safe and a vital part of the local community; and
- Include a commitment to diversity and inclusion in your netball organisation's purpose statement, values or strategy.

Coaching/Mentoring Style

Netball providers are encouraged to support and promote education and development opportunities to volunteers on how they can be better to:

- Ensure the psychological environment is safe and predictable for the participants they are guiding;
- Use demonstrations and visual aids to communicate instructions and coaching points;
- Keep instructions clear, concise and easy for all to understand;
- Use a whistle and hand signals to communicate;
- Utilise affirmative and encouraging language with the aim to boost confidence and enjoyment; and
- Keep any contact professional and do not engage in one-on-one contact with a child or young person outside of authorised activities.

Diversity and Inclusion

Choice

- Take an individual first approach, when communicating with new junior participants, members or volunteers, engage with their Parent/Guardian and show them around, ask them if there are any specific needs they have and how the organisation can support them;
- If your organisation operates a canteen, seek to provide a range of food and drink options where possible. Consider if you can provide culturally appropriate food that is accessible to everyone.
- Modify and change activities, drills and training matches as needed to allow for inclusivity and enjoyment for all.

Environment

- Modified surface;
- Share spaces and equipment with community groups, local schools and other organisations;
- Undercover areas/courts;
- Accessible drink taps/ water available; and
- Where practical, court allocations in larger venues should prioritize younger players closer to the venue.

Equipment

- Use of modified equipment including but not limited to adjustable height goalposts, smaller/larger netballs or soft touch balls; and
- Introduce visual resources to support those with low literacy levels.

Rule Considerations

- Deliver the [Woolworths NetSetGo](#) Program to support the skill development and enjoyment for 5 to 10 years olds;
- Introduce All Abilities divisions and competitions;
- If participation numbers are low, adjust the divisions or competitions to incorporate Mixed Ages;
- To enable matches to proceed with limited player numbers, implement 5-a-side to allow for participation;
- To support participation engagement, consider locomotor changes such as walking netball;
- Rule changes to suit different environments; and
- Alter rules of the game (i.e. footwork, offside or held ball) or competition rules (i.e. premiership points) to support improved flow of game for those with limited netball experience and/or those with mobility issues.

Governance/Policy

- All members understanding and adhering to the [Netball Integrity Policies](#) and the behavioural requirements within;
- Promptly address misconduct and inappropriate behaviours in accordance with the [Code of Conduct for Community Netball](#)
- Appoint role holders with a focus on child safeguarding, this may include ensuring expected behaviours and awareness of the following procedures:
 - To prevent bullying, harassment, discrimination and victimisation
 - To fulfill supervision requirements
 - To safely transport children and young people
 - For overnight stays and sleeping arrangements
 - For dropping off/picking up children and young people.
- Utilise educational posters accessible from [Netball Speak Up Hotline](#) [Sport Integrity Australia](#) [Play By The Rules](#) and [Australian Sports Commission](#) to raise awareness;
- Introduce uniform swaps, drives or donations to support the members of the netball organisation;
- Flexible uniform offering (refer to [Netball Australia's Uniform Guidelines](#)); and
- Different payment options (i.e. via community service, fundraising etc).



Forming links

Strong links among community organisations provide positive experiences for participants and foster long-term participation.

These links among schools, community organisations and netball associations and clubs will ensure a systematic and coordinated delivery of junior netball. Close links will also provide for a smooth transition between school and community netball.

Ongoing communication among organisations (especially schools and sport organisations) can avoid inconsistencies in netball delivery or, when appropriate, develop a compromise to meet the needs of all parties, including but not limited to:

Team Selection

Supporting team selection in junior netball from school to netball associations and clubs involves clear communication, fairness and collaboration. Netball providers are encouraged to implement the following approaches:

- Establish and communicate selection criteria that uses transparent and development-focused criteria (e.g. skill, teamwork, effort and attitude); and
- Focus on inclusion and participation allowing for opportunities for all skill levels.

Program Format

Schools, netball associations and clubs share the responsibility in fostering positive experiences for young people. Collaborating on the design and delivery of program formats can ensure that junior netball is developmentally appropriate, inclusive, and aligned with best practice principles that prioritise participation, skill acquisition and lifelong participation. Netball providers can consider the following approaches:

- Run joint programs such as a club “come and try” or introductory clinic at a local school; and
- Support teachers and coaches with the facilitation of joint professional development opportunities such as coaching junior netball, cultural safety and inclusive practices.

Competition Format

Supporting the growth and retention of young people in netball, schools, netball associations and clubs can adopt competition formats that are tailored to the age, ability, and developmental needs of young people. Netball providers are encouraged to consider the following approaches to support participation:

- Consider competition scheduling to offer both social and competitive pathways; and
- Encourage school team participation in netball association competitions.

School/Community Netball Organisations Relationships

Schools are uniquely positioned to support the community netball sector by integrating netball into Physical Education and school sports programs. Educators and coaches act as key conduits for school-to-club participation, fostering positive attitudes toward physical activity and developing essential skills. Through school-based competitions and extracurricular activities, schools generate interest and talent, creating pathways for students to transition into local netball associations and clubs. A strong connection between schools and community netball settings is crucial for increasing participation, as it enhances the sport's appeal and encourages ongoing involvement. By providing a safe and trusted space, schools help strengthen the link between school and community netball, driving greater engagement at both levels.

Netball providers build on the learnings within the school setting to provide options for lifelong engagement.

There are many benefits to schools and netball providers working together, including:

- Increased player base;
- Shared access of facilities;
- Raised profile of the sport across broader community;
- Improved accessibility to the wider community;
- Increased potential to recruit community volunteers; and
- Shared resources and support from school partners.

Sharing Resources

All groups should consider how they can combine or share resources to benefit young people. Access can be increased and costs reduced with joint provision and dual use of:

- Facilities;
- Sporting equipment;
- Instructional resources; and
- Coaching and other human resources.

This is particularly important in regional and remote areas to make the best use of accessible resources. Other sports can also gain mutual benefit by liaising and sharing ideas and resources with each other.



Participant Development

Training is beneficial for the best possible growth and development of players.

Considerations in Participant Development

Netball acknowledges that participant development is diverse and can be broken down into physical, intellectual, and social-emotional development. All three should be considered when providing netball experiences for young people, by offering a range of opportunities and programs to cater for their needs.

Participation in netball can be more rewarding and safer for players if netball providers:

- Adapt activities to a player's changing needs, especially during periods of rapid growth;
- Assess performance according to a player's stage of physical, social-emotional and intellectual development, and not by what others of the same age can do; and
- Leave decisions about specialisation as late as possible.

Netball providers are encouraged to support the development of young people by engaging qualified coaches and personnel who can design programs, training sessions and competition schedules that reflect the individual needs of each participant. Approaches to consider include:

- Designed around the holistic needs of players, with consideration of their level of physical, social, emotional and intellectual maturation;
- Planned with consideration of all physical activities undertaken by the young person; and
- Adjusted continuously to ensure the load progresses and aligns with the young person's developmental stage.

Training is beneficial for the best possible growth and development of players. In addition, game-based experiences are an important part of netball because they provide the challenge in advancing skills, health, social and lifelong benefits.

Competition is only one element of junior netball, and emphasis should be on the quality of the experience and its appropriateness to the age and ability of the participants.

Development Processes

Physical Development

A child's physical development involves growth, maturation, and adaptation, all of which are crucial for netball coaches to consider when planning sessions.

- **Growth** affects fundamental movement skills as body parts develop at different rates, requiring tailored coaching.
- **Maturation** which starts around age 10 for girls and 12 for boys, varies among individuals and can influence performance, particularly for early or late maturer. Coaches should be mindful of these differences to prevent dropouts.
- **Adaptation** is influenced by external factors like training, allowing coaches to shape a player's physical development.

Social-emotional Development

It is important to consider a participant's social and emotional development. Providing support and guidance to help them build respectful relationships with friends and teammates, as well as manage their emotions, can enhance their overall experience. This applies to training, games, and trials/selection processes. Support may include, but is not limited to:

- Offering positive guidance that emphasises acceptable behaviour boundaries;
- Using respectful and developmentally appropriate strategies; and
- Providing clear instructions with opportunities to redirect inappropriate behaviour in a positive way.

Intellectual Development

People typically learn more than one thing at a time. In the process of building netball skills, participants are also learning technical and tactical game competencies. It is important for coaches, mentors and delivery leads to demonstrate patience and understanding when working with young people and progress or regress as necessary.

Netball is a late specialisation sport requiring a more generalised approach to early training, with the emphasis on the development of fundamental movement skills and technical/tactical skills. Participants should begin to specialise when they are developmentally ready and not when they reach a certain age.

Administrators, coaches, teachers and parents/guardians are encouraged to understand the various stages of physical and social-emotional development that players are experiencing, particularly during pre-adolescence.

Recognising these stages of development will assist associations, clubs and schools in preparing developmentally appropriate programs for participants of netball, including the undertaking of effective trials processes. Netball activities should be organised so participants have positive experiences regardless of their developmental status, and the focus should be on personal improvement as opposed to comparison with others of the same age, with the aim of lifelong participation.

Netball Pathways

Pathways are designed for players, coaches and officials to move progressively through netball and provide opportunities to:

- Develop in line with their level of maturation;
- Move easily from one stage of involvement to another;
- Have positive experiences while developing their skills and interests; and
- Inspire them to stay involved long term.

Aspiring elite athletes should have access to opportunities that develop the three core athlete development components:

- Technical and tactical skill development;
- Physical preparation; and
- Athlete wellbeing.

Athletes enter the High Performance Pathway when they are identified and selected from the Participation Pathway. The athletes are developed through programs which provide intensive, high-quality training, support services and competition opportunities. Identifying and developing the next generation of athletes provides a world-class system that prepares athletes to win milestone events.

Netball aims to create an environment that supports players, coaches, officials and teams to perform at their best for State, National and International competition.

Participants wanting to stay involved in netball without pursuing the High Performance Pathway can continue contributing to the recreational, social and or competitive opportunities at their local association or club.

Stages in Netball Progression

To encourage long-term involvement, it is important that players can participate in netball at the right level for their interests and abilities. Programs and competitions differ for stages of participation in the:

- Nature and duration of activities;
- Style of instruction;
- Education in the rules and etiquette of netball; and
- Emphasis on competitive elements.

Netball Australia's Foundation, Talent, Elite and Mastery (FTEM) Framework provides a guide to good practice in the development of technical and tactical sport-specific competencies. The FTEM Framework provides guidelines for implementing training and competition programs, as care should be taken that the developmental player does not under-train and over-compete. Refer to Diagram 1 for further information.

The Foundation and Talent components of the FTEM Framework are the most relevant to junior players, underpinning both lifelong participation and progression into the High Performance Pathway.



Foundation

The Foundation stage is split into three stages to support the development of players and coaches. It is desired that coaches involved in the Foundation stage obtain the Foundation Coach Accreditation which provides introductory coaching information and basic netball techniques.

Foundation 1 and 2: Developing Players – Woolworths NetSetGo

Woolworths NetSetGo is Australia's leading grassroots netball program, designed for children aged 5 to 10 years old to experience the joy of netball in a fun, safe and welcoming community. The program supports children to develop confident and active kids who will grow a lifelong love of netball and team sport, all while building essential skills. Key benefits of delivering the Woolworths NetSetGo Program are:

- Initially the program concentrates on the acquisition of fundamental movement and motor skills.
- These skills provide a wide base of movement abilities from which more advanced skills can be developed. Children who do not develop fundamental movement and motor skills are more likely to experience frustration and difficulty in learning advanced skills which can reduce their enjoyment and continued participation in netball.

- The program also establishes a strong foundation of skills and a sense of achievement and success that encourages children to continue to participate in netball.
- Delivery leads can include coaches, parents/guardians and junior netballers to deliver or support the children during activities.

Key features of Foundation 1 and 2 development are:

- Focus on developing fundamental movement skills in a fun and challenging multi-sport environment, which is key to the overall development of physical literacy.
- Participants are to be introduced to simple rules and fair play, where 'play' is in an informal setting during their early development.
- Requires a variety of well-structured activities that develop basic skills.
- Activities and programs need to maintain a focus on fun.
- Formal competition should only be minimally introduced and encouraged for the 9 to 10 years of age.
- Children should be exposed to a variety of sports and physical activities, developing their interests and motivators while avoiding the danger of burnout through premature specialisation.



Netball Pathways

Competitions at Association, School and State levels should focus on enjoyment while meeting the needs of players.

Development

The Development stage is targeted at player aged 11 to 13 years of age and encourages the progression of fundamental movement skills to be progressed with an emphasis on fundamental sport skills. Coaches are encouraged to maintain the Foundation Coach Accreditation and seek to further their skills and complete the Development Coach Accreditation to support the progression of players.

Key features of Foundation 3 are:

- Fundamental movement skills converting into an emphasis on fundamental sport skills which include throwing, catching, jumping, running and basic game formats, suitable to several activities.
- Competitions at Association, School and State levels should focus on enjoyment while meeting the needs of players. Providers are encouraged to provide an environment that allows players to perform to the best of their ability.
- Ready to begin training in accordance with more formalised methods and approaches.
- Greater time spent on training and practicing skills rather than competing, with the focus on developing and correcting individual player techniques, develop the players' ability to withstand the effects of speed and fatigue, and to consistently execute the skills of netball under pressure.
- It may be tempting to specialise at this age through excessive single-sport training or early position specialisation in team sports. It is encouraged that coaches avoid this as inappropriate or premature specialisation can be detrimental to later stages of player development if the child is playing a late specialisation sport.
- Premature specialisation promotes one-sided development and increases the likelihood of injury and burnout.

Intermediate

Intermediate 1 and 2: Training to Train

This stage focuses on building a strong foundation in sport-specific skills and physical development, preparing players for long-term success by emphasizing training over competition and supporting those seeking to transition into high-performance pathways. Coaches involved in this stage are encouraged to have obtained the Development Coach Accreditation and develop skills in alignment with the Intermediate Coach Accreditation.

Key features of Intermediate 1 and 2 are:

- Build an aerobic base and consolidate on their sport-specific skills.
- An increase in training hours to support the development of players long term potential.
- Players are ready to consolidate their basic sport-specific skills and tactics.
- Focus more time on training skills and physical capacities than competing in formal competition settings.
- To maximise players' long-term potential, winning should remain a secondary emphasis. This approach is critical to the long-term development of top performers and lifelong participants.
- Many players will decide to specialise in netball, and training can become a significant part of their lives.
- Some players will move from the Participation stream into the High-Performance Pathway and will be referred to as athletes.
- Athletes will concentrate on sport-specific skill development, including perceptual skills, reading the game, tactical introduction and decision making. Training should develop athletes who have the physical performance capacity to efficiently and effectively manage a cumulative training and competition load and provide a base that supports the development of technical, tactical and performance competencies.

Intermediate 3 and 4: Training to Compete

The Intermediate 3 and 4 stages mark a transition to high-performance training, where committed athletes focus on excelling in netball through advanced sport-specific skill development and preparation for national and international competitions and events.

Key features of Intermediate 3 and 4 are:

- Athletes choose one sport in which they will train to excel by strengthening their sport-specific and position-specific skills and all their physical capacities.
- These athletes are aiming to compete in national and international competitions and events.
- Formal competition becomes more prominent in annual periodised training, competition and recovery plans and includes major national and international competitions and events.
- Athletes are not the average community sport participant. They are committed athletes with recognised talent who have chosen an elite pathway that few others pursue.

Active for Life

The Active for Life stage encourages lifelong participation in netball by focusing on fun, friendships and flexible opportunities for participants of all ages and skill levels.

Providers are encouraged to consider the following approaches:

- Actively promote and support young people to be involved in the sport in roles other than playing such as coaching, umpiring, team management or administrative roles.
- Focus on enjoyment by enabling access to a fun, safe, accessible and enjoyable netball experience.
- Be open to anyone to join your netball organisation of any age, race or gender and whether they are new to netball or returning to the sport.
- Continually review netball offerings to ensure variety and opportunities to retain people in the sport.
- Actively promote other ways for young people to be involved in the sport in roles such as coaching, umpiring, team management or administrative roles.





Team and Squad Selection Considerations

In associations and clubs, selections may be undertaken to ascertain where participants sit within the program based on their physical, social-emotional and intellectual development. It is important when undertaking these processes, associations and clubs make the following considerations:

- Be fair and honest to all;
 - Develop clear selection guidelines, including education of selectors involved in the process, and clear criteria for selection (e.g. attacking, defensive and ball skills etc.);
 - Selections may be made up of trials to include both skill and match play components;
 - Keep selection process and outcomes confidential;
 - Selectors to notify of a conflict of interest;
 - The use of independent and/or proxy selectors to support the process;
 - For participants to be advised of the outcome of selection prior to public announcement;
 - Have fair processes in place for injured, sick or absent athletes; and
- Selectors to avoid the following:
 - Comparisons between athletes – keep the selection relevant to the criteria of the position they are being selected for;
 - First impressions effect – be sure to take into consideration all opportunities to demonstrate skills;
 - Sharing opinions during selection outside designated time – keep opinions limited until discussion opportunities to avoid influencing one another;
 - Bias in selecting athletes – for example, selecting athletes similar to their own playing style or those with an existing connection to an athlete;
 - Allocation a 'middle' score if unsure of the ability – for example, awarding a 2 out of a possible score of 3 because they had not seen the athlete enough to make a fair judgement; and
 - Narrowing talent pools too early.

For further guidance please contact or refer to your Member Organisation for the selection policy, procedures and guidance as relevant and applicable.

People making it happen

In netball, the most valuable resource is the dedicated community of individuals – players, parents, coaches, officials, administrators, educators and volunteers who support the sport's infrastructure, model respectful relationships and help cultivate a positive and inclusive culture.

Volunteers play a critical role within the netball community. Attracting and retaining dedicated volunteers is vital to the continued success of netball in Australia's many programs, competitions and events. Volunteers are the lifeblood of local, state, national and international competitions, programs and events staged in Australia, and Netball is committed to providing them with a challenging and rewarding experience where they feel acknowledged and valued. It is essential for competition organisers to keep contact information up to date, allowing potential volunteers to easily get in touch. Additionally, roles should be tailored to match the skills and experience of those volunteering.

Umpires and Officials make a significant contribution to the sport of netball. Proficient and intelligent officiating plays a vital role in providing a safe, enjoyable and fair netball environment for young people to participate.

To enjoy netball, participants should be able to:

- Experience skilled and sensitive leadership through their coaches, umpires/officials and administrators;
- Have input into how the sport is provided for them; and
- Participate in an inclusive, positive and caring environment in line with the Netball Australia [Conduct for Community Netball](#).

All people involved in the support and management of young people in netball must be familiar with Netball Australia's *Netball Integrity Policy Framework* and are encouraged to complete additional learning such as the [Safeguarding Children and Young People](#) e-Learning course and other courses available through [Sport Integrity Australia](#).

Roles and Responsibilities

Respectful relationships and behaviours must be embedded within the netball setting. Netball's code of conduct is underpinned by the following principles:

- Act in the best interests of and valuing the reputation of Netball Australia, Member Organisations, and the sport of netball;
- Act with honest and integrity;
- Ensure that the sport of netball is played and conducted in accordance with the highest standards of discipline and sporting behaviour;
- Treating others with respect, valuing difference and maintaining a safe environment;
- Identifying conflicts of interest and managing them responsibly;
- Respecting and maintaining privacy and confidentiality; and
- Not making or receiving improper payments, gifts or benefits.

In addition to the principles, key **responsibilities** for all involved in the provision of junior netball include:

- Ensure child safeguarding procedures are incorporated into the management of junior netball;
- Comply with the Netball Integrity Policy Framework, Code of Conduct and any applicable Policies, Procedures and Laws; and
- Demonstrate appropriate sideline behaviour that upholds the Code of Conduct.

Specific **responsibilities** for certain roles are outlined below:

Umpires / Officials

When officiating junior netball, umpires/official's role includes:

- Ensuring the court and its surrounds conform to the Official Rules of Netball and is safe for play;
- Use simple language so all can understand;
- Be consistent, courteous and helpful to all participants;
- Remain objective and free from bias;
- Apply modified rules to match the skill level and needs of participants and promote fun and enjoyment;
- Ensure that the spirit of the game is not lost by the strict application of rules;
- Apply the Official Rules of Netball as they relate to Dangerous Play and Inappropriate Behaviour; and
- Access relevant training programs and accreditation courses.

People making it happen

Team Managers

Ensure the successful management of the team and welfare of the players in their care. Their role includes:

- Liaising with all team members, parents/guardians, coaches and officials to ensure the players are appropriately dressed and informed of training, competition and functions;
- With the support of organisation administrators, manage any problems that may arise amongst team members, parents, the coach and supporters;
- Avoid favouritism;
- Acting as liaison officer between the association/club and the team;
- Ensuring all equipment is safe, the first aid kit is ready for use and the players have their own drink bottle;
- Ensuring the scoresheet and any other rules/regulations of the competition are carried out;
- Ensuring all welfare and safety requirements for the team are met including supervision of players under 18 years of age in accordance with [Safeguarding Children & Young People Policy](#).

Parents/Guardians

Support from Parents/Guardians is integral to ensure an enjoyable experience for young people. Their role includes:

- Demonstrating respectful relationships when supporting relevant personnel which may include the team coach, administrators and volunteers;
- Respecting officials and their decision-making, recognising the game cannot happen without them and leading by example for all children and young people;
- Encouraging children in a positive and affirmative manner and to refrain from punishing a child for a mistake or losing the game;
- Role model respectful behaviour in line with the [Code of Conduct and Member Protection Policy](#), [Safeguarding Children & Young People Policy](#);
- Adhere to stipulated processes for the management of young people e.g. complaints processes etc; and
- Responsibility for the wellbeing of their child in particular as it relates to concussions, head impacts and other injuries.

Quality Coaching

Quality coaching and mentoring of young people is an essential element in creating a positive experience for participants in netball.

Coaches and mentors have a responsibility to assist in building the confidence, self-esteem and ability of participants through their own positive role modelling and equitable treatment of all. These skills are transferable to many aspects of their life.

A [modern participant-centred approach](#) should be adopted, with support for coaches highlighted in Netball Australia's [Foundation Coaching Course](#).

Coaches and mentors have a major influence on the holistic development of participants in netball by educating them in the physical/technical skills and strategies within the rules of netball, sporting behaviours and social-emotional skills. When coaches and mentors plan and provide training sessions with this in mind, participants have the best chance of:

- Enjoying their sport;
- Becoming competent in skills and strategies by having more touchpoints within each session;
- Building a good knowledge of the rules, etiquette and traditions of the sport; and
- Being enthusiastic about lifetime involvement in sport.

Above all, it is important that participants learn that sport is fun and safe.



Quality Coaching

Aims for Quality Coaching and Mentoring

Important characteristics of a quality coach and mentor are:

- Adopt a participant-centred approach;
- Understand the people they are working with, including behavioural characteristics and development requirements of participants;
- Develop appropriate and flexible programs/ activities for participants;
- Foster a sense of personal achievement by recognising individual and team improvements and performances;
- Develop a range of appropriate communication and feedback techniques suitable for children and young people;
- Create an inclusive and safe training environment where children and young people feel included; and
- Be approachable to the participants and parents/guardians.

Coaches and mentors should instil in participants a sound understanding of the skills, tactics, strategies, rules, etiquette and behaviour standards of netball.

Planning

Netball Australia recognises that many coaches, especially at the affiliate level, are volunteers. It is important to foster collaboration within the netball community to ensure that training sessions for children and young people are not only enjoyable and engaging but also productive and valuable learning experiences.

It is essential that comprehensive planning is needed by coaches in developing seasonal programs, including goals and strategies for the sequential development of basic skills, team strategies and level of challenge. When planning, coaches of players, umpires/officials, coaches and other personnel need to consider:

- Maximising participation and enjoyment;
- Be inclusive of all participants regardless of personal characteristics;
- Learning goals for performance (i.e. movement skills, values and attitudes);
- The actual learning tasks and objectives for the session,;
- Management of time and space, particularly with respect to participant safety;
- Evaluation and review;
- One-on-one communication and/or contact should be avoided; and
- Include parents/guardians in all communications with children and young people.

Coaches learn to coach in two main ways — through *formal* learning such as coach education programs, and *informal* learning through experience.

Coaches should have appropriate knowledge and skills gained through attending courses or workshops and should be accredited, and regularly update their coaching accreditation, which may include [online learning](#).

Netball Australia reviews the Coaching Accreditation Framework annually to ensure that courses become more accessible and are relevant to coaches of junior netball programs. This includes umpire education opportunities.

Refer to the [Netball Australia website](#) for further information regarding coaching and umpire accreditation courses.

Safety Considerations

Training and competition

Training and competition are generally beneficial for the development of participants in sport. However, excessive involvement can compromise their health and wellbeing and can adversely affect their performance in netball and other sports. It is important to follow the policy requirements set out in the [Netball Integrity Policy Framework](#).

An unmanaged load relative to their age can lead to serious consequences, including injury, illness, psychological stress, and burnout.

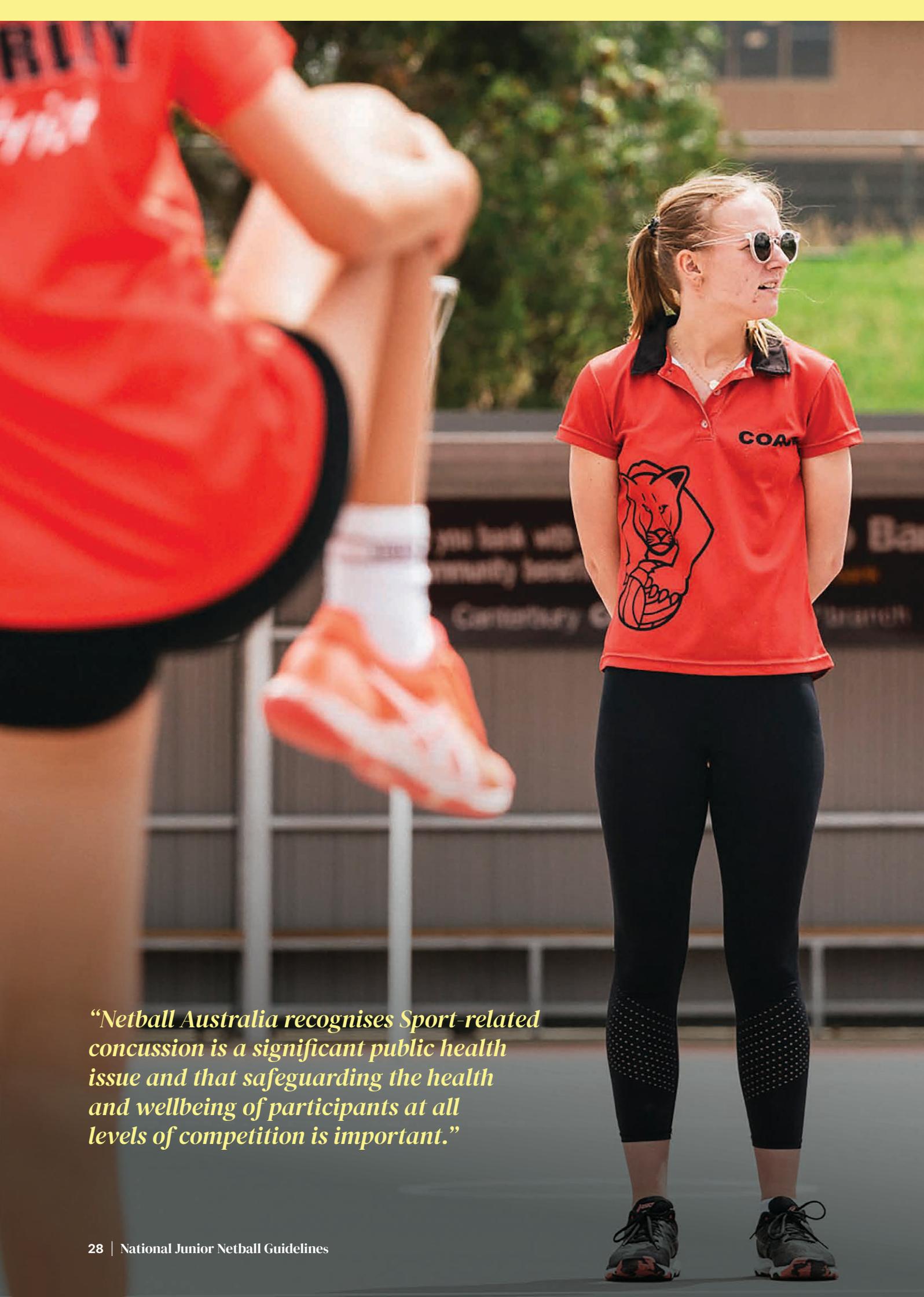
Coaches must pay close attention to the needs of their players and the advice of healthcare professionals, especially when athletes are returning to the sport.

The coach has an important role in preventing negative outcomes such as injury and illness through careful planning, implementation and evaluation of programs.

Prevention requires a training schedule that controls the amount of load placed on the participant by:

- Scheduling pre-season training to increase fitness levels;
- Gradually increasing training loads;
- Planning adequate recovery;
- Providing variety in type and content of training sessions;
- Carefully monitoring the effect of training; and
- Reducing workloads when warning signs emerge.

Participants must be monitored carefully because they may not recognise warning signs and symptoms such as fatigue, muscle soreness, headaches and mood changes. Moreover, participants may not effectively communicate such a problem.



“Netball Australia recognises Sport-related concussion is a significant public health issue and that safeguarding the health and wellbeing of participants at all levels of competition is important.”

Concussion Protocols

Netball Australia recognises Sport-related concussion is a significant public health issue and that safeguarding the health and wellbeing of participants at all levels of competition is important.

In line with the Australian Sports Commission's Australian Concussion Guidelines for Youth and Community Sport, Netball Australia's *Guidelines for the Management of Sports Related Concussion in Netball* (the Netball Community Concussion Protocols) aim to provide guidance for managing sport-related concussion and protect all participants from potential risks and repeat head impacts.

The Netball Community Concussion Protocols provide that the earliest that a player can be returned to play after a concussion is on the **21st day after the day on which was sustained**, provided that the player has safely progressed through each phase of the return-to-play program.

For further information (and related forms) please refer to Netball Australia's [Guidelines for the Management of Sports Related Concussion in Netball](#).

The KNEE Program

Knees and ankles are the most commonly injured body parts of netballers and most of these injuries occur when landing.

Injury to one of the major stabilisers of the knee, the Anterior Cruciate Ligament (ACL), is a common problem, annually representing 25% of serious injuries as indicated by Netball Australia National Insurance Data.

Netball Australia's KNEE Program is designed to prevent these injuries occurring and should be incorporated into every training.

Refer to the Netball Australia website for further information regarding [The KNEE Program](#).

Quality Coaching

Quality Coaching

Participant Wellbeing

Coaches and mentors need to consider a number of elements that may impact participant wellbeing. Some considerations are outlined below:

Psychological Safety

Some participants may have mental health and wellbeing considerations which affect their participation in netball. It is important for coaches and mentors to understand how to best support a young person, adopting a collaborative approach with the parent/guardian and by remaining flexible to provide a safe psychological environment allowing participants to thrive.

Body Temperature Regulation

Young participants have a larger skin surface to body mass ratio than adults, and their sweat glands are immature, making them more susceptible to heat loss and gain. In conditions of extreme temperature and humidity, netball sessions should be shortened or cancelled. Uniforms and rest breaks should be suitable for the climate.

Fluid balance

Fluid balance is important at any time but needs more attention in some weather conditions. Young participants may not instinctively drink enough to replace fluid lost during activity. They should be reminded to drink before, during and after training and competition.

Water is essential to fluid replacement. Methods of weight reduction by dehydration are extremely dangerous and should not be used under any circumstances.

In adverse weather conditions specific fluid practices, according to Sports Medicine Australia's most current guidelines, should be followed.

Refer to the [Sports Medicine Australia website](#) for further information.

Nutrition

Maintaining adequate nutrition in junior participants is important to their overall health, development, and consequently to their sporting performance. A well-nourished player may be able to play better and for longer, stay mentally alert, and recover quicker from training and competition.

An active child who is not getting enough total energy may become tired and lethargic, and even struggle to maintain their enjoyment in sport. Young participants who eat too little risk mild under-nutrition and may suffer from poor growth and delayed maturation.

Coaches, mentors and parents/guardians are encourage to:

- Ensure an adequate intake of all the essential nutrients, encourage active children to eat a wide variety of nutritious foods. Fat reduced, high carbohydrate snacks are the best choice for active children.
- Ensure active children maintain a healthy body weight by balancing their energy intake with expenditure. Encourage them to eat to their appetite which will vary from day to day.
- Take nutritious snacks to sporting events. Self-catering is wiser than relying on local canteens.
- Children can overheat and dehydrate quickly. Offer plenty of fluids before, during and after sport.
- If parents or coaches are concerned about their child's nutrition, seek professional advice from a sports dietitian and/or sports doctor.

Refer to the [Sports Dietitians Australia website](#) for further information.

Medical Considerations

Some participants have chronic medical conditions which affect their participation in netball. Particular care needs to be taken in the case of long-term conditions such as:

- Asthma and other respiratory conditions;
- Diabetes;
- Epilepsy;
- Heart or Lung Diseases; and
- Infectious Diseases.

Netball providers must be aware of the specific needs of each player and know how to prevent and deal with problems, particularly in case of an emergency.

Parents/guardians should complete a pre-participation screening questionnaire dealing with any special needs and implications for sports participation. Netball providers must then ensure that relevant personnel within the organisation are aware of the information in the questionnaire and that the information is used appropriately, such as in an emergency. A failure by the netball provider to use the information may result in greater liability.

An alternative to collecting the pre-participation screening information is to obtain a declaration from the parent/guardian that the child is medically and physically fit and able to participate in netball activities and that the parent/guardian will immediately notify the netball provider in writing of any change to their child's medical condition, fitness or ability to participate. This option is preferable, as it places the onus on the parent/guardian to ensure that their child is medically and physically fit and able to participate. However, if the netball provider has actual knowledge of a change in a child's fitness and ability to participate, this may result in some liability arising if no action is taken by the netball provider.

Medical opinion should be sought when the fitness or performance of any player is questionable, and when recovery from illness or injury is in doubt.

The risk of contracting blood borne viruses, hepatitis, HIV, bacterial infections, viral infections, fungal infections, parasitic infections and other infections increases when players:

- Live and train in close contact with others, thus increasing cross-infection;
- Train in environments where germs breed (i.e. changerooms);
- Share contaminated items (i.e. drink bottles);
- Exposed to new environments when travelling to compete;
- Damage the skin, allowing transfer of germs; and
- Come in contact with other people's blood.

Appropriate preventative measures can be taken to avoid the spread of infectious diseases, such as:

- Not sharing drink bottles;
- Removing or cleaning blood-stained clothing/equipment;
- Keeping infected players away from training and competition areas; and
- Maintaining personal hygiene standards.

Refer to [Sports Medicine Australia](#) to access a policy related to infectious diseases in sport.

Risk Management

Netball providers have a responsibility to ensure the environment in which netball takes place is as safe as possible.

Work Health and Safety

Everyone has a right to be safe at work, including paid and volunteer workers who contribute in many different ways to Australia's diverse sporting organisations and clubs. Work Health and Safety (WHS) laws may mean the responsibilities and duties of sporting clubs have changed. Since the Commonwealth's Work Health and Safety Act 2011 came into effect on 1 January 2012, states and territories have harmonised their WHS laws with the Act. This means that people conducting a business or undertaking (organisations and clubs) and workers (including volunteers) are protected by the same WHS laws across Australia. It provides greater consistency, certainty and clarity about the laws, making it easier to understand WHS duties.

Under the WHS laws, some sporting organisations and clubs may need to take new actions to comply with the WHS Act and their state and territory WHS codes of conduct and regulations.

Facilities

Netball providers have a responsibility to ensure the environment in which netball takes place is as safe as possible. Netball courts should be inspected prior to each training session or match to ensure that:

- The court surface is safe, including being free of litter, water and court debris (i.e. gravel, stones, etc.);
- Court lines are clearly marked and are non-slip;
- Goalposts are firmly secured;
- Goalpost padding covers the length of the goalpost and is of sufficient thickness (60mm) and is secured safely;
- There is run-off space of 3.05 metres around each court that is clear of obstructions (i.e. chairs, signs, bags, spectators, etc);
- Light posts are well clear of the court and appropriately padded as required; and
- Lighting is provided during low-light conditions (i.e. twilight, night, overcast, etc).

Weather Conditions

Netball Providers have a duty of care to cancel or postpone competition or training if there is a foreseeable risk to participants due to extreme weather conditions.

Please refer to your Member Organisation for guidance regarding conditions such as wet or hot weather, thunderstorm and smoke pollution.

Emergencies

All netball providers have a responsibility to ensure a safe environment is available to those in their care. This includes having a clearly documented plan that outlines the actions and processes that need to be fulfilled in an emergency situation.

A comprehensive emergency plan should be in place to cover incidents such as fire, violence, environmental threats and medical emergencies.

A typical emergency plan may include reference to items such as:

- The processes and actions required of key personnel in the event of an emergency
 - Each person should be familiar with their role and the actions required of them in an emergency. These roles should be understood by all and may include coaches, officials, volunteers, parents/guardians, etc.
- The location of the nearest phone and a list of phone numbers for ambulance, local hospital or local health professional
 - To avoid numerous people calling for emergency services, everyone involved in an incident should be aware of who is responsible for emergency services.
 - The designated caller should also know the location of the nearest phone. All appropriate telephone numbers should be listed next to the telephone.
 - If a mobile phone is used, make sure the caller makes the call from a quiet location with suitable mobile coverage.
- The address details of the venue at which the event is being held, and in particular, any special directions that need to be conveyed to emergency response personnel
 - In circumstances where a medical professional or ambulance needs to be called, they should be given any special directions for easy access to the venue and injured participant.
 - Venues should also ensure that designated access is available to emergency vehicles and the access is kept clear.
- The person designated to take the lead responsibility in the plan
 - Each person involved should know who will coordinate activities during an incident. This person plays a vital role in ensuring all aspects of the plan are fulfilled before, during and after an incident.
- The location of any first aid and emergency equipment if required
 - First aid supplies should always be well-stocked, so consideration should be given to allocating responsibility for first aid supply maintenance.
 - Must be accessible.
- Contact details for parents/guardians or next of kin
 - Someone should have the responsibility of informing parents/guardians or next of kin following the incident.
 - The type of details to be conveyed should be clearly specified and medical details should only be conveyed by, or with approval from, medical personnel.
- Incident report forms and processes
 - All incidents should be well document using an incident response form. This should be securely stored for future reference.

Risk Management

It is important that all personnel are aware of their role and required actions in the emergency plan. Emergency plans should be documented and communicated to all club members and participants. These plans should be updated regularly and ideally should be rehearsed often for reinforcement of actions.

Although these incidents may not occur often, a sound, communicated and well understood emergency plan may mean the difference between life and death in an emergency situation.

Refer to [Sports Medicine Australia Emergency Planning - A Practical Guide for Clubs](#) for more information.

Uniform

It is important that netball recognises that everyone participating in our sport can wear a uniform that caters for individual preferences and religious beliefs, but also protects individuals in all weather conditions. The Netball Australia Uniform Guidelines stipulate the regulations regarding items of clothing, accessories and other information regarding uniform approval processes for players and officials.

Further information can be found via Netball Australia's [Uniform Guidelines](#).

Smoke and Vape Free Venues

Netball Australia [Smoke Free Guidelines](#) were developed to safeguard all involved in netball against the health impacts of tobacco smoke and vaping.



Governance and Management of Netball

Governance is the system by which organisations are directed and managed. It influences how the objectives of the organisation are set and achieved, spells out the rules and procedures for making organisational decisions, and determines the means of optimising and monitoring performance, including how risk is monitored and assessed.

Netball organisations conducting junior sport should have in place good governance structures to create, maintain and improve the environment in which netball is delivered.

If participating in netball events or competitions that are not affiliated with Netball Australia, participants are strongly encouraged to exercise due diligence and ensure they have appropriate liability and accident insurance coverage. Netball Australia is not responsible for any incidents, injuries, or losses that may occur during these non-affiliated events or competitions. Participants should secure their own insurance and take necessary precautions to protect themselves.

Netball Integrity Policy Framework

The Netball Integrity Policy Framework, comprising of the Netball Integrity Policies, the Netball Integrity Framework Policy, Conduct & Disciplinary Policy and the NA Tribunal Rules are the cornerstone of Netball's response to

the threats to the integrity of sport and detail the expectations for the conduct of all Relevant Persons, including the procedures for managing, reporting, investigating and determining outcomes where a Relevant Person does not meet those expectations.

The Netball Integrity Policies include the following:

- Safeguarding Children & Young People Policy;
- Member Protection Policy;
- Competition Manipulation and Sports Wagering for Elite Pathways;
- Competition Manipulation and Sports Wagering for Community Netball;
- Sports Medicine Policy for Elite Programs;
- Sports Medicine Policy for Community Netball; and
- Any other policy of Netball Australia deemed by Netball Australia to be a Netball Integrity and notified to the Netball Organisations from time to time.

These policies are accessible on the [Netball Australia website](#).

Glossary

Adolescence	The transition period between puberty and adult stages of development, generally from the age of 12
Affiliate	As defined under the Netball Integrity Framework Conduct & Disciplinary Policy as: <ul style="list-style-type: none"> • Associations, which means any netball association that is not a Netball Organisation that conducts Activities and is affiliated to a MO • Clubs, which means any netball club that is not a Netball Organisation that enters a team to participate in an Activity that is affiliated to an Association and/or MO • Authorised Provider, which means any non-MO authorised to conduct Activities sanctioned by NA or a Netball Organisation • Any other netball Organisation who has agreed to be bound by the Policies and has notified NA or an MO in writing.
Affiliate Person	As defined under the Netball Integrity Framework Conduct & Disciplinary Policy as: <ul style="list-style-type: none"> • Any Individual Member that is not a Participant and is registered with an Affiliate
Athlete	A participant that has been selected in a program/competition outlined in the National Athlete Pathway Framework
Carer/caregiver	Any person given the responsibility for supervision of a junior (for example, guardian or relative)
Child or Children	A child or young person, or two or more children or young persons, who is or are under the age of 18 years
Club	Community netball organisations
Coach/mentor	A leader, teacher or instructor in junior netball
Community sport	All netball provided for players by netball clubs and other community organisations outside the school system
Competition	A structured contest measuring performance against an opponent, oneself or the environment
Disability	Activity limitations or participation restrictions that are related to an impairment of body structure or function
Duty of care	Responsibility to act in a required manner of care, which will arise when one person reasonably ought to have another in mind at the time of engaging in the conduct complained of
Junior netball	The organisation and management of netball programs and competitions for players aged 5 to 18 years
Member Protection	A term used widely in the sports industry to mean practices and procedures that protect an organisation's members
Netball experience	The holistic concept of learning netball skills and behaviours through training, practice and competition in a fun and safe environment
Netball providers	All those involved in delivering junior netball (for example, volunteers, parents, coaches, teachers, officials, administrators, schools, clubs and government and private providers)
Officials	Coordinate sporting activities and may include administrators and umpires
Parent/Guardian	A birth or adoptive parent, legal guardian or person having the legal custody or responsibility of a child.
Pathways	Planned steps for players to progress from beginner to experienced participant as a player, official, administrator, coach and/or team support person
Relevant Person	As defined under the Netball Integrity Framework Conduct & Disciplinary Policy, including: <ul style="list-style-type: none"> • Affiliate Person • Participant • Volunteer • Non-Member Person • Any other person who has agreed to be bound by the Policies
Relevant Organisation	As defined under the Netball Integrity Framework Conduct & Disciplinary Policy, including: <ul style="list-style-type: none"> • NA • Netball Organisations • Affiliates
Recreational participation	When sport is played for fun, and to maintain skills (for example, mixed/social competitions)
Schools	Educational institutions: primary, special and secondary
Training	The systematic process of improving netball performance through instruction and practice. This term is not necessarily elite focused; it can also refer to a structured practice session
Volunteer	Giving time willingly to assist in the running of sport for no financial benefit

For further information, guidance and support please contact your respective Member Organisation

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